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WHY BE FAT?

AMELIA SUMMERVILLE'S

RULES FOR

WEIGHT-REDUCTION

THE PRESERVATION

YOUTH AND HEALTH

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WHY BE FAT?

WHY BE FAT?

RULES FOR
WEIGHT-REDUCTION AND THE PRESERVATION
OF YOUTH AND HEALTH

BY

AMELIA SUMMERVILLE

NEW YORK
FREDERICK A. STOKES COMPANY
PUBLISHERS

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PREFACE

A QUESTION I am frequently asked is, "Why have you given so much thought to weight reduction and the preservation of youth and health?"

That question is answered very simply: "I am in a profession (theatrical) that to be fat is a tragedy and to grow old is a crime. The public will not tolerate either; it pays its money and demands full value. Therefore, in order to please the public one must keep fit."

But it is not only in the theatrical profession that one must keep young and slim; in all walks of life at the present time the appearance, size and age of the person are matters that count considerably. I

know shops that will not employ fat or old salespersons; fat stenographers are not wanted in many of the offices. I overheard a conversation in a business office recently; the man wanted a stenographer; he said: "I don't care whether you send a man or a woman, but don't send any one who is old or fat."

When I was still a young girl I suddenly became conscious of the fact that I had accumulated more flesh than was either comfortable or becoming. I started in at once, with my own system, determining that my handmaidens should be patience and perseverance. That I have *been successful* in reducing my flesh to a marked extent without any ill effects and in retaining my youthful appearance has proved my system to be of such benefit that I wish to pass it on to all those who are inclined, unwillingly, to corpulence or

middle age. So often I am asked, "What *did* you do to lose so much flesh and not make yourself ill, and yet look so much younger than you did twenty years ago?" As my system has proved so beneficial, I wish to place it before the general public; and my advice to every one is to follow closely the rules of this book if they want to obtain, through healthful, right living, the same results as did

AMELIA SUMMERVILLE.

New York
January, 1916

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FOREWORD

THERE are many obesity cures which are recommended as harmless. But the safest and surest way is to correct your diet and wait for the good results that right living is bound to bring. It is preferable to taking medicine of any kind. What knowledge I have of weight reduction and the preservation of health and youth has been gained by my own personal experience of over twenty years.

What I have done, any one else can do.

In six weeks' time I commenced to get splendid results, in less than one year I lost just one hundred pounds, something unheard of before or since, and I can safely say that I am the only woman who

has ever accomplished this result successfully without injuring or impairing my health. For the past twenty-two years I have been a living illustration of what can be done when the right methods are employed. Many have tried and failed on account of confusing scientific reduction with severe banting.

Eating at best is a habit and one can acquire the habit of eating only those things which are not conducive to making fat.

Many people who have suffered with gout, rheumatism, diabetes, and other ailments have felt a marked improvement in their condition by strictly adhering to the menus I have given; and I know a great many whose ailments have been entirely cured.

WHY BE FAT?

I

WHY I REDUCED MY WEIGHT

No other thought than my personal appearance led me at first to decide to reduce my weight. I felt that I would sooner die than be fat. I knew that a fat actress could never look the parts that I aspired to act—what I attained after my weight reduction. From a fat *Mountain Maid* I emerged a thin *Trilby*.

My appearance was the sole thought that inspired me to reduce my weight; but I soon realized that all physical ailments were disappearing, I began to feel mental exhilaration; my mind became clearer; I

had high spiritual thought and felt a desire to get out and do things worth while. Ambition was the greatest force in my being.

Moreover, I was becoming a pleasure to the eyes of those with whom I came in contact; and that spurred me on in my purpose. Every being owes it to himself and to the world to be as perfect as possible. It is what we are placed here for —to develop the good, the God, within us.

II

FAT A TRAGEDY

EVERY one may not want to be thin; but no one wants to be fat. Why? Because fat is disfiguring and unhealthful and if allowed to progress it will kill both physically and mentally. The body refuses to act; the mind refuses to think. If the fine tissues in the brain are clogged with fat, the mind is not clear, ideas or thoughts do not come quickly.

The symptoms of overfatness are drowsiness, heaviness and a desire to sleep. (The first effect one experiences with loss of weight through proper diet is a feeling of mental exhilaration.)

WHY BE FAT?

No one wants to be an object of ridicule; and there is nothing that accomplishes this so quickly and successfully as to become fat.

III

PERFECT HEALTH AND YOUTH

PERFECT health is the first law of beauty. Every woman may not have a perfect form or regular features, but she can have good skin, bright eyes, and alert and active thoughts. These are possible. For perfect health there are five things necessary: strict attention to food; to sleeping; to exercise; to bathing; and to clothing.

First: Be careful of *what* you eat and *how much* you eat. Don't overfeed: eat less than you crave rather than more; and never eat until you are distressed. You will suffer for it if you do.

Second: Do not sleep too much: it is not good for the brain. Too little sleep is better than too much. Bright eyes, activity and alertness do not go with the sluggard.

Third: Take exercise regularly. Walking is possible for every one, and it is one of the best exercises in the world; after that, swimming; both of these exercises bring every muscle in the body into play and make and keep a figure slender.

Fourth: Bathe in tepid water—not hot unless so ordered by a physician. Never leave the tub too warm: leave it cold, if possible. Rub briskly with a rough towel to cause circulation. Perfect circulation is necessary for perfect health.

Fifth: Clothe yourself comfortably and sensibly. Do not wear tight shoes nor tight corsets, nor tight clothes of any

kind. Especially do not tighten the neck in any way: it impedes circulation. Moreover, high, tight collars mar the neck with disfiguring lines; and nothing is more beautiful in a woman than a soft, well-rounded throat.

To improve the contour and looks of the throat, rub—not massage—the neck with skin food every night, allowing it to remain until morning, when it should be removed with warm water. To clear the complexion and to remove all blemishes, use good lotions, cold creams, and skin food; but be very sure the kind you are using is made up to a standard instead of down to a price. Impure lotions, cold creams, and skin foods are not only fatal to beauty but many times are detrimental to the general health; so it cannot be urged too strongly that the preparation you use be hygienic and in the highest state of

purity. Good cosmetics, properly applied, are the secret of a good complexion. A delicate skin suggests health, youth, and beauty.

IV

THE SECRET OF KEEPING YOUTHFUL

In the degree that you keep young in thought will you remain young in body. And you will find that your body will in turn aid your mind, for body helps mind, the same as mind helps body.

RALPH WALDO TRINE.

Keep active, both physically and mentally. If you haven't activity, cultivate it. Shun the elevator and walk upstairs; avoid taxis and walk. Walking is much better than gymnasium exercises: no woman wants simulated croquet-balls on her arms, when appearing in an evening gown. Never walk to tire yourself, but walk briskly. No matter how little you walk, *walk rapidly.*

Keep your thoughts young and of a high quality. Try to be tolerant. Never allow fear, envy, bigotry, selfishness, to enter your thoughts. These are the greatest foes of health, youth, and beauty.

To keep youthful, give proper attention to what you eat and drink, to sleeping and bathing, to sufficient exercise, and to the quality of your thoughts. Remember: "In the degree that you keep young in thought will you remain young in body."

V

CULTIVATE ENTHUSIASM

ENTHUSIASM will keep your spirit youthful.

Cultivate enthusiasm for something—golf, football, baseball, rowing, athletics, amusements—anything that is clean and healthful.

Keep in the open air as much as possible.

Don't allow yourself to worry, especially about the petty things of life.

Don't take yourself too seriously.

Don't pay too much attention to your ailments.

It is worry and the lack of enthusiasm that dulls and ages.

VI

PERFECT BLOOD CIRCULATION NECESSARY TO GOOD HEALTH

THE blood contains two kinds of corpuscles, red and white—millions of them. The white corpuscles act as scavengers to remove the poison; the red corpuscles as builders to repair the waste which takes place in our bodies every minute, every second, we live.

This waste is perfectly natural; but it is important to repair it by new material.

Now, these little corpuscles are faithful workers; but they are capable of doing only so much. If the blood supply to any part of the body is lessened, it simply means that too few corpuscles are being

supplied to that part. As a result, the breaking-down process gets ahead of the building-process: the germs multiply faster than the white corpuscles can destroy them, and the waste matter is not carried away.

Proper circulation is necessary for good health, to eliminate the lines on your face and give the color of youth. Nine-tenths of all diseases are caused by poor circulation.

The most effective method of producing right circulation is by proper diet, exercise, bathing, sleeping, and clothing.

VII

WHY COSMETICS BRIGHTEN A WOMAN'S WITS

TIME was when all cosmetics were regarded as the evil one's tools and condemned by the puritanical—but now, how different! Recently they have been analyzed by scientific authorities and found to be not only healthful but necessary and a tonic for the mind. The daily use of good, pure, healthful powders, creams, skin foods, skin tonics, etc., is highly recommended.

The careful inspection of one's imperfections before the mirror ofttimes remedies defects that otherwise would mar the life and happiness of the owner. Cosmetics are essential to the woman who has

bad skin—a scar, colorless lips, or a poor complexion. The thought that others notice and talk about her defects makes her self-conscious. She shuns people on that account and becomes miserable. Now, why should a woman be punished for defects she can conceal?

So long as cosmetics are used in such a way as not to make them objectionable, a woman does no one any harm and does herself a great deal of good by applying them. The knowledge that her defects are no longer visible to all beholders gives her an assurance and a different aspect of life. She becomes self-possessed, and if she has a wit she will use it.

Every woman who has the right thought knows that she owes it to herself and the world to be beautiful, even if she has to resort to cosmetics to gain the desired result.

VIII

THE CARE OF THE SKIN

No woman can be beautiful unless she has a good skin. By that is meant a clean, healthy skin, free from blemishes of any kind.

The care of the face should be a woman's first duty. In appearance the face is first to show deterioration from age and local ailments. Therefore the face requires extra attention, and wholesale cold creams, skin foods and good tonics to keep flesh and skin firm and smooth.

The woman with dry skin should feed it with a good, pure skin food rubbed in thoroughly every night before retiring. No soap should be used unless she is ab-

solutely sure of its purity; a good cold cream should be substituted.

To cleanse the face, take a washrag and dip it in cold cream—be sure it is a pure cold cream—and use the same as you would soap and water. You will be surprised at the accumulations on the cloth.

The use of good cold cream keeps the complexion clear and the pores open so that they act freely. A good skin suggests health and youth.

A skin that is too oily should be treated with a good dry rubbing two or three times daily, with a soft linen cloth and plenty of good, hygienic face powder, used freely. There is nothing so unpleasant to look at as a greasy, oily skin, oozing an oily moisture. It can be corrected, and should, for it is a blemish to beauty.

IX

THE PROPER DIET FOR A CLEAR COMPLEXION

How often ones sees a woman whose features are regular and pretty but whose skin is muddy and lacking the clear, healthy look that every woman should have who wants to be beautiful.

Cleanliness is first and foremost. The skin should be kept clean with water and a good cleansing cold cream.

The next thing is seeing that the bowels are regulated. There are herb teas which are splendid, especially for those with torpid liver; and the use of a little cream of tartar is highly recommended for those whose blood is too rich and overheated.

Too much meat should not be eaten, and no pork or veal until the skin is in perfect condition.

Too many cereals should not be eaten; but barley and rice are good, either in soups or cooked as a cereal and used as a vegetable.

All green vegetables and salads are splendid—especially spinach, which is called by some physicians "nature's scavenger."

Fruit is excellent, especially apples, prunes, and figs.

Very weak coffee and tea should be drunk, if any.

Use eggs sparingly; poached if possible. You are always sure then of getting them fresh, for it is a known fact that stale eggs will not poach.

Eat no hot breads, but plenty of good brown breads, good custards, rice pud-

dings, good nutritious soups, and plenty of vegetables; radishes are not good, as they are indigestible, and anything that impedes digestion affects the skin.

Eat freely stewed celery, boiled onions, and carrots—especially carrots; they are excellent and can be used in many palatable ways.

An occasional Turkish bath is a great aid to opening the pores of the skin and forcing out the impurities.

Any one following these directions will get the desired effect if she wants a good, clear, healthy complexion.

X

A BEAUTIFUL NECK POSSIBLE

It is a well-known fact that the neck is the first place to show signs of advancing years. This also is the case where a loss of flesh has taken place through excessive dieting or banting. The neck becomes soft and flabby.

The woman whose neck is flabby, wrinkled, and lined should, first and foremost, stop wearing tight, high collars. They mar the neck with disfiguring lines and impede circulation. Give the throat air.

Rub—not massage—the neck thoroughly night and morning with a good skin food. If this treatment is persisted in,

wrinkles, lines and flabbiness will soon disappear.

A soft, well-rounded throat is a beautiful thing indeed.

XI

TO DEVELOP THE FLAT CHEST

THE people who walk with stooped shoulders are flat-chested because they are not assuming the healthful attitude; and many times they contract heavy colds which not infrequently end in lung trouble.

It is necessary for any one wishing to broaden and expand the chest—and also for those suffering with throat or lung trouble—to take deep breathing exercises every morning. I know a young girl who is completely cured of a case of tuberculosis by simply inhaling God's good pure fresh air.

Go to the window on arising in the

morning, open it at the bottom, throw the shoulders well back, and inhale through the mouth, breathing deeply and expanding. Then exhale through the nose. Do this with about ten breaths. These inhalations of air need not be confined to the morning; they may be practised any time whenever there is pure, fresh air.

Try to walk always with the shoulders thrown well back, head well up, and the abdomen drawn in; this is the correct way to hold oneself to allow the air to reach the lungs.

Dancing and waving the arms about over the head and throwing them back, touching the hands together behind you, is a splendid exercise and, with the proper breathing, will develop and improve both the general health and the flat chest.

XII

THE CARE OF THE EYEBROWS AND EYELASHES

ESPECIAL stress needs to be laid upon the care of the eyebrows and eyelashes, because they play a most important part in the expression of the face. A face without eyebrows or eyelashes is strangely disfigured.

Perhaps the best cosmetic for improving them is ordinary yellow vaseline or, as it is usually called, petroleum. When the eyebrows and eyelashes are thin, rub them before retiring with crude vaseline; then, after rubbing them thoroughly, take a small eyebrow brush or a child's small toothbrush and brush them thoroughly.

A marked improvement will be seen at once.

XIII

THE CARE OF THE HANDS

THE hands are the most active members of our bodies; perhaps that is why they show age quickly. Their care should be our first thought.

Never use too hot water on the hands.

Be careful always of the quality of soap. A good Castile is preferable to any other.

Always dry the hands thoroughly.

To keep them looking white, use good almond meal, and every night on retiring rub them with sweet almond oil—a few drops will be quite sufficient.

XIV

THE ART OF DRESSING TO CONCEAL ONE'S DEFECTS

LADY DUFF-GORDON says: "Dress is made for woman, not woman for dress. Dress is made to enhance a beauty or to cover a defect."

The woman who is attractively gowned is not always in style, but usually she has studied herself and dresses to suit her own peculiar style, and thus cultivates an individuality. That is the woman who will always be noticed.

Dress has a great deal to do with one's health. The style of dress to-day has much to do with the present healthy condition of women. One woman, who had one hip very much larger than the other,

laced herself so tightly to conceal this defect in order to wear tight-fitting gowns that she was soon under a doctor's care. When the style changed to loose-fitting dresses, she found them not only more attractive than any she had ever worn before but her defective hip was entirely concealed. With the right corset, and the properly made gown, she was more pleasing to look upon, to say nothing of the greater comfort she enjoyed and the pleasure she felt in knowing her defect concealed.

Every woman who has defects should go to an *artistic* dressmaker; one who looks upon dresses as poems, confections, and adornments, rather than one who holds to conventional lines. The artistic dressmaker's eye for the beautiful will soon discover the defect, and her suggestions and advice are worth paying for.

XV

THE CORSET NECESSARY

A CORSET is necessary for a thin woman because it is a support for her back; for the fat woman a corset is imperative. When one starts fat-forming one should look to one's corset; have it made to order, if possible, as there are few things that cause so many ills in women as badly fitting corsets.

There are corset belts made for men, and the man who is inclined to stoutness finds them a splendid support as well as helpful in reducing. A certain man suffered for months from what he thought was threatened appendicitis. The physician he consulted recommended his wear-

ing a corset belt to compress his fat tendency, which was caused by a distended condition. He was immediately relieved of pain: all he needed was the compression of the distended abdomen. If all men inclined to obesity would wear corset bands they would be benefited materially.

XVI

THE SMALL WAIST POSSIBLE

NEARLY all women inclined to stoutness want to have a small waist; and there is nothing easier to obtain.

After bathing, indulge in a vigorous, not hard, rubbing with a Turkish bath towel. Put on your corset, having it loose; then go through the exercises of fencing, using an ordinary walking stick. Nothing reduces the waist so quickly as fencing. The best thing for the man or woman who wishes to reduce the waist line is to go to a good fencing master and take a few lessons; after that, they can easily keep the practise up at home, using a walking stick.

I did that, and in three months instead of wearing a 29-inch corset, I was wearing a 22.

Fencing also is a good exercise for expanding the chest and for decreasing the size of the hips.

Fencing and dancing will make any one graceful. I consider them the two best exercises for beautifying the body; and nothing so quickly reduces the waist line.

XVII

TO REDUCE THE HIPS

I HEARD a woman remark recently: "I would do *anything* to reduce my hips!" Looking at the woman, I did not blame her. Her hips bulged out beneath her corset in huge ridges of fat and spoiled an otherwise good figure.

In the first place, that woman was not wearing the right corset. She may have paid a big price for it; but it was not the corset she should wear. The proper corset is absolutely necessary for the woman who wants to reduce her hips; there are exercises which are helpful, but first and foremost, it is the corset.

The very best exercise to reduce the

hips is walking up and down stairs, particularly up stairs.

After the morning bath—which should not be too hot—rub the hips vigorously with a Turkish bath towel. Do not remain in the bath longer than five minutes. Put your corset (the *right* corset) on immediately after the bath and before eating. Lace the corset comfortably tight; and, at all times of day, walk up and down stairs as much, as often, and whenever you can.

In three months I had reduced my hips six inches by following this plan.

XVIII

ROLLING EXERCISES INJURIOUS

ROLLING exercises break down the tissues and cause much illness, ofttimes death. A woman died suddenly recently. When the autopsy was made, it was discovered that her death had been caused by rolling to reduce her weight.

One can tell by the symptoms it causes (dreadful nausea and dizziness) that it is not healthful.

If you follow the rules laid down in this little book you can reduce your weight without needing to resort to rolling and similar injurious exercises.

XIX

DANCING AN AID TO WEIGHT REDUCTION

DANCING of all kinds is particularly helpful to those wishing to reduce. This is especially true of the nature dancing taught by Isadora Duncan, Maud Allan, Pavlowa, and others. There is no better educator than this particular form of dancing to develop character, as every human emotion may be expressed.

The modern dances greatly assist in reducing weight. One never sees a fat exhibition dancer; on the contrary, they are usually very thin.

Nearly every one likes to dance. Go ahead and dance; but remember the quality of the thought back of your dancing.

One has only to go to some of the better restaurants and tea rooms to realize that dancing is wholesome, helpful, and beautiful. It is the individual who either beautifies or degrades dancing.

A well-known opera singer, recently expressing herself in the newspapers regarding the Isadora Duncan style of dancing, said: "I do it for the grace and poise the exercise gives to the body, and the relief it affords to the mind."

XX

WHY NOBODY LOVES A FAT MAN

USUALLY a fat man is gluttonous and a sluggard.

Why be either?

Following the instructions in this book for the reduction of weight will make him an object of admiration, instead of a joke, which he usually is.

NO MAN SHOULD BE FAT.

It is hard to tolerate an overfat woman; it is absolutely impossible to look at an obese man without a feeling of disgust, because if he were living the life of a normal, healthy man, he would not be fat. Hence the lack of love and, I may add, respect, for the fat man.

XXI

THE WOMAN OF TO-DAY

THE woman of to-day uses up-to-date methods to make herself as attractive as possible, and she should guard herself against fat. No one, man or woman, can be attractive who is fat—by that I mean obese. Consequently, every thought and care should be given toward warding off and preventing the accumulation of fat.

The rules in this book are not only helpful but easy to practise. No violent exercises, no starvation; just common-sense methods that will benefit and help all who follow them.

XXII

THE CONTROL OF FAT

THE person who is fat—especially the young—or inclined to stoutness, must diet, not so vigorously but sensibly. Follow the rules and instructions in this book. You will find them pleasant; no starvation, no violent exercises, moderation in eating and in the quality of food. Follow the directions conscientiously and you cannot fail to get the desired results.

I have been confronted with this argument many times: "I belong to a family of fat people; I was born fat; it is hereditary."

To all this I say: "Get rid of that thought quickly. It is dwelling on that

wrong thought that gives it importance. Rid yourself of it at once. Your mind was given you to think for yourself, and to think right. Every one is a law unto himself, and the proper thought you give your food will reflect in both your appearance and your character."

XXIII

THE PSYCHOLOGY OF APPETITE

It is true that food, attractively prepared, will tempt the sick, let alone the healthy. Ofttimes the odor of food will promote hunger in one who has at that moment no thought of food. Looking at a table adorned with clean linen, beautiful china, fine glass, bright silver—added to this well-cooked, attractive food—appetite is created. A cocktail glass often creates the desire for a cocktail; a thin, attractive teacup will often create the appetite for tea.

It is well, then, to regulate your attitude toward all this attractiveness, and this may be accomplished only by a well

balanced character, the thinking of the cause and effect of things, especially in regard to food. It is by this right adjustment that we have our being. It is by this proper adjustment that we attain both physical and mental perfection.

XXIV

WILL-POWER APPLIED TO DIET

QUEEN ALEXANDRA, the Queen Mother of England, said: "A woman owes it to herself and the world to make herself beautiful—even if she has to resort to cosmetics to do it."

Modern chemistry, proper food, exercises, right breathing, etc., all enter into the fulfilment of the perfection of health, youth, and beauty.

Every woman should want to be beautiful—and every man, too, for that matter. This is easily accomplished by exercising will-power and concentration. Eating and drinking are habits; one may easily adjust oneself to a non-fattening diet and

at the same time acquire a desire or liking for the things that are beneficial and healthful. Form the thought in your mind, just what you will eat and drink, and be firm with yourself. Quickly you will discover you are master. To be able to control one's appetite for food is self-mastery in its highest form.

XXV

THE RIGHT WAY TO DIET

WHEN I am asked by those anxious to lose weight what they must do, I say, "Diet!"

Then I am usually asked, "What do you mean by diet? I know nothing of the nutrient value of food or what not to eat."

Now, to diet properly and healthfully it is advisable to take three moderate meals daily. However, these must all be of non-fattening foods. The human system is easily managed by a well-balanced mind and the right choice of food for each individual need.

I approve of a mixed diet; and the best results at the commencement of dieting are gained by decreasing the quantity, not the quality. For instance, instead of eat-

ing two eggs for breakfast eat one; instead of oatmeal, eat fruit, stewed or raw; one cup of coffee, instead of two; use one lump of sugar if you have been accustomed to two or three (later sugar is to be entirely done away with); substitute for hot bread Dahl's brittle biscuits, which are both palatable and nutritious, or stale bread toasted, slightly buttered.

You will be surprised how quickly you will become accustomed to eating less. At first, a reduced diet may cause a feeling of hunger; but that will soon pass away.

Drinking plain water at meals is to be discontinued absolutely if you wish to get the desired result. On arising in the morning, and before taking breakfast, a glass of Apollinaris is refreshing, as it is also between meals. As a laxative I have used "Apenta," the Hungarian aperient water.

XXVI

THE VALUE OF A MIXED DIET

If you eat the same food over and over again, you become tired of it; you do not enjoy it; you may even learn to dislike it; and no food which you must force yourself to eat is good for you.

Eat moderately and sparingly at all times, but have a mixed diet: do not eat the same food too often.

The menus in this book offer a pleasant change for every meal.

Eating and drinking may be made an art.

XXVII

THE TABLE D'HÔTE DINNER

So many people in these days of dining out like the Italian or French table d'hôte. I rather like them, for I can always pick and choose a fairly good non-fattening meal. I use a little white wine; never red.

I believe the French and Italians have a better system of eating than any other nation. They understand the proper arrangement of a menu and seem to have a knowledge of food value.

XXVIII

EAT FRUITS AND VEGETABLES IN SEASON

NATURE has supplied the right kinds of food for the seasons. The vegetables and fruits that grow in the summer are those we should eat in the summer; and those that grow in the winter we should eat in the winter. We should eat much less in summer than in winter.

The only advice I ever received and which I have followed successfully was given me by an old Scotch Canadian doctor, who advised me as to the efficiency of a mixed diet, telling me to eat plenty of lettuce and pineapple. I possibly eat more lettuce and pineapple (both fresh and canned) than any other woman on

earth. Every morning I have a plate of fresh crisp lettuce on my table; I eat it plain with a little salt. At four-o'clock tea I always eat lettuce. I find it most healthful.

Never over-eat at any time; be moderate. Sit at the table as little as possible, especially after eating.

Drink as little as possible with meals.

Always stand or take a walk after eating, if only for twenty minutes. If one's work compels much sitting, a regular walk before and after work is needful.

XXIX

AVOID GLUTTONY

THERE is nothing so demoralizing as gluttony. Nothing disgusts and offends more the well-balanced character. Whenever you eat put the thought into operation: "I am satisfied to eat moderately." Be firm in this thought. You will be surprised at the result. Call it self-hypnotism if you will, but it works.

The great secret of weight reduction and the preservation of health and youth is in moderation, concentration, and consideration.

Moderation of quantity.

Concentration on quality.

Consideration of results.

XXX

THE IMPORTANT THINGS

No one can lose flesh in a day; it takes heroic measures. Patience and perseverance are necessary; but your heroism will show results. If you follow the simple and healthful directions in this book you cannot help but be benefited in both *mind and body.* Weigh yourself every week—not every day—and when you have gained the desired weight, try to lose a few pounds more, then eat naturally and moderately; if you discover that you are gaining flesh, return to your dieting system. Keep this up until you arrive at a condition where you find you are not gaining, no matter what you eat.

Too much sleep shou.. not be indulged in. Seven to eight hours is sufficient.

Walk as much as possible and always walk briskly, but never tire yourself. It is especially healthful to walk between breakfast and luncheon, swinging your arms in order to bring all the muscles into play. Then again walk briskly between luncheon and dinner. *Do not tire yourself.* There is nothing makes one look so old. You ought never to get tired; certainly never allow yourself to become very tired.

Turkish baths are good for the reduction of flesh; but they must be taken often and regularly—say, three or four weekly; otherwise they are helpful to those wanting to increase their weight.

Above and beyond all things, *don't worry.* In connection with proper dieting, practise hopefulness, alertness, cheer-

fulness, and activity. If you haven't these in your being, cultivate them and all the many things which go toward making one morally clean.

> "The sublime vision comes to the pure and simple soul in a clean and chaste body."
>
> EMERSON.

Seek the society of the young; try to take their point of view; get their mental attitude toward life, and *just don't grow old.* The face is an index to the mind; character, youth, and beauty are expressed according to one's thoughts.

XXXI

WHAT YOU MAY EAT

Fruits: All fresh fruits except bananas, figs, and dates. All stewed fruits, not too sweet.

Cereals: Rice, taken as a vegetable, with very little butter; never with cream or sugar.

Eggs: Eggs are nutritious and are not fattening. They may be boiled, scrambled, poached or made into a plain or fruit omelette.

Fish: All fish broiled or boiled—never fried—except salmon and bluefish.

Fowl: All fowl broiled, boiled, or roasted, except goose.

Soups: All thin soups, such as bouil-

lon, vegetable, clam broth, and consommé; no thick soups.

Entrées: Fruit omelettes, which are most nutritious and palatable. All other entrées should be avoided.

Meats: All meats, broiled, boiled or roasted, except pork and veal. Steaks and chops are particularly nourishing when broiled, as also is boiled mutton. There are a great many who like bacon and ham, especially for breakfast. These may be used, if the excess of fat is removed by broiling.

Vegetables: Celery, which is most healthful, either cooked or raw; spinach cooked plain; onions in any style except with cream sauce, or fried; string beans; asparagus; kale; cabbage; cauliflower; artichokes; endive; romaine; lettuce.

Avoid peas, lentils, Lima beans, succotash, green corn, squash, beets, carrots,

turnips, parsnips, egg plant—in fact, all starchy food of any kind, including macaroni, hominy, etc. No olives.

Salads: All salads with French dressing, very little oil; *no Mayonnaise.*

Pastry: All kinds of pastry should be avoided. Substitute an omelette, either fruit or plain, or a fruit salad.

Drinks: Coffee and tea, without sugar or cream. A good naturally sparkling mineral water, such as Apollinaris; cider; lemonade; dry white wines; Rhine wines in moderation.

Chocolate and cocoa should be avoided.

Cheese, nuts, and raisins should be avoided.

RECIPES

RECIPES

NON-FATTENING FOOD

French salad dressing.

Ambrosia.

Fruit omelettes.

Shredded wheat biscuits with canopy of fruit.

Baked apples with prunes and cinnamon.

Green peppers stuffed with meat and celery.

Baked Spanish onion with lamb kidney.

Meat salad with vegetables.

Meat cakes with parsley.

Corned beef hash with poached egg.

Minced chicken with gluten muffins.

Hashed lamb on toast.

Broiled lamb chops with stewed celery.
Broiled steak with mushrooms.
Hamburg steak with onions.
Hamburg meat cakes.

French Salad Dressing

Mix together a demi-tasse spoonful of oil, one tablespoonful and one dessert-spoonful of vinegar, one pinch of dry mustard, one pinch of salt, and one pinch of pepper. If garlic is desired, take the very hard end of a French loaf, or a small piece of stale crust of roll, and rub thoroughly with garlic, then put into salad bowl and mix with contents of salad. A little paprika may be added, if desired.

Ambrosia—Food for the Gods

Ambrosia is a fresh fruit dish that for lusciousness cannot be equaled. First, take an attractive-looking large glass salad bowl; have ready twelve oranges,

one box of strawberries, one pineapple fresh or large can of sliced Hawaiian pineapple, and one box of stoned black cherries. Slice six of the oranges, removing seeds and rind. Place a layer in the bowl, then a layer of strawberries, then a layer of pineapple (cut in small pieces), then a layer of cherries; keep alternating layers of fruit until bowl is filled. Take remaining six oranges and squeeze juice over contents of bowl; a few maraschino cherries may be scattered over top of fruit. Place away in ice-box for three hours before using.

This is the most delicious dessert imaginable. It is rightly named, "Food for the Gods."

Serve in large glass berry dishes.

A little light cake (no icing), such as angel or plain pound or small sweet biscuits, may be eaten.

Fruit Omelettes

Make an ordinary plain omelette, and add any kind of fruit, fresh or stewed. Stewed prunes (with stones removed) make a delicious omelette; as do also dried peaches, apples, strawberries, and raspberries. When using berries, stew only slightly.

These omelettes are most palatable and nourishing and are a splendid substitute for meat in summer.

Shredded Wheat Biscuit with Canopy of Fruit

Take one shredded wheat biscuit; pour over it a very little boiling water, just to make biscuit moist, then cover over with either strawberries, raspberries, blackberries, or stewed prunes. If the canopy is of berries, squeeze over it the juice of an

orange; if the canopy is of prunes, pour over it the prune juice.

This is a delicious and nutritious breakfast cereal and is non-fattening.

Baked Apple with Prunes and Cinnamon

Take good-sized apples; core and fill with cooked prunes which have been stoned and chopped fine; dust with cinnamon; pour over it a little of the prune juice, and bake. Add a little water to pan to prevent burning.

The juice of the apple and prune together makes a most appetizing fruit dish for breakfast.

Stuffed Green Peppers with Meat and Celery

Take green peppers; cut off top and scoop out. Have ready cold meat—lamb, beef or lean corned beef—one small head

of celery, the inside of the green pepper, pinch of pepper, salt and paprika. Chop fine; place inside green pepper; put small piece of pepper back on top; bake in slow oven until done. The pan should have enough water in it to keep it from burning.

Baked Spanish Onion with Lamb Kidney

Take fairly good-sized Spanish onion; do not remove the skin. Cut off top of onion and scoop out a place large enough to hold the small lamb kidney. After cleaning kidney properly without cutting it, wipe thoroughly, dry, dust with salt and pepper, and place inside onion, with a very small piece of butter. Replace the piece of onion you had cut from the top; then put in a baking pan, with enough water to keep pan from burning, and bake four hours in slow oven.

The onion takes a long time to cook, but you will find this a most delicate morsel.

Meat Salad with Vegetables

Take cold roast beef and lamb and cold corned beef, if desired. Add cold boiled string beans, asparagus tips, cauliflower cut into small pieces, one small beet, one small carrot cut into small pieces, and one raw onion sliced; a few capers may be added, also a little garlic. The meat should be cut into small pieces, and all placed in a large bowl. Pour over it French salad dressing. The dish may be garnished with small hearts of lettuce leaves.

This makes a most appetizing Sunday supper dish. It is non-fattening and very nutritious.

Meat Cakes with Parsley

Take cold meat—both beef and lamb—a small bowl of stale bread crumbs, the yolk of one egg, pinch of salt, pinch of pepper, a fair-sized branch of parsley, and a small piece of garlic; an onion may be used if desired. Chop these together in chopping bowl, then mix into cakes and bake in an oven, using very little butter to keep the pan from burning. Bake about twenty minutes, until brown.

These are nice cold as well as hot and are very tasty.

Corned Beef Hash with Poached Egg

Take lean corned beef, one raw onion, one head of celery, pinch of pepper, and a little parsley. Place in chopping bowl and chop very fine. Add a little water to

moisten, and stew until tender. Place on a very hot platter and drop one egg, well poached, on top; dust egg with a little paprika. A little Worcestershire sauce may be used as a relish.

This is a most appetizing breakfast dish and is non-fattening.

Minced Chicken with Gluten Muffins

Take cold chicken and a few very small onions, a small head of celery, a pinch of salt, pinch of pepper, pinch of paprika. Chop all together, fine, in a chopping bowl, with a very little water. Have ready some hot gluten muffins. Split the muffins and pour the minced chicken over them. Serve hot. A very little butter may be spread on muffins.

Hashed Lamb on Toast

Take cold lamb, one onion, a little garlic, pinch of salt, pinch of pepper, and a little parsley. Chop all together; add a little water and stew until done. Have ready some stale bread toasted and slightly buttered; pour the hashed lamb over toast when done. This should be served very hot.

It makes a very tasty breakfast or luncheon dish.

Broiled Lamb Chops with Stewed Celery

Remove excess of fat from lamb chops, dust with pepper and salt, and broil slowly, turning frequently. Have ready celery, which has been chopped fine in chopping bowl, then stewed in very little water, until cooked. Season with salt,

pepper, and little paprika. Serve on very hot platter.

Broiled Steak with Mushrooms

The steak should be dusted with pepper and salt and broiled quickly. The mushrooms should be treated the same way. After being cooked, pour mushrooms over steak. A hot platter should be used.

Hamburg Meat Cakes

Lean raw beef, chopped fine, seasoned with salt, pepper, a little paprika, and garlic if desired; add the yolk of one egg, mix all together, then form into small round cakes; dust with a little flour and cook quickly in pan. A very little butter may be used to keep pan from burning.

MENUS

MENUS

SUMMER MENUS

THESE should consist mostly of eggs, fruits, vegetables, poultry, fish, all green salads, very little meat, jellied meats, chicken, and bouillons, fruit omelettes, no alcohol (or, if any, only dry white wine), lemonade, mineral waters, cider, iced tea with plenty of lemon.

People should eat much less in summer than in winter; over-feeding causes more illness in summer than excessive heat. Eating the right food and drinking the right kind of drink keeps the blood cool.

To those not wanting to gain flesh no ice-cream should be eaten, but water ices instead; and *no ice-cream sodas.* Orange, lemon, or pineapple phosphates may be

drunk. No bread stuffs should be eaten, except gluten, whole wheat, or Dahl's brittle biscuits. All breads should be toasted, except bran bread, which may be eaten plain, with very little butter—if any.

MENUS FOR ALL THE YEAR

Breakfast

The day should be started with the stomach fortified. However, it is not necessary to over-feed; eat moderately of any of the given menus, which are non-fattening and nourishing.

No sugar, no cream and very little butter should be used.

Fruit juices, such as orange juice, may be used to great medicinal advantage to cover fruits instead of cream (which should never be used).

No chocolate or cocoa.

Apple butter may be used instead of jams or marmalades.

No fried meats.

All eggs should be poached or boiled; all fish should be broiled; bacon or ham should be broiled and all excess of fat removed; all breads should be toasted.

A little butter may be used, but that moderately.

Eat plenty of bran bread, especially with apple butter; eaten together they are a wonderful alternative in the cure of constipation and intestinal troubles. Bran bread need not be toasted.

(1) 1 cup of coffee or tea; no sugar.
1 orange or sliced pineapple.
1 poached egg.
Gluten bread, toasted.

(2) 1 cup of coffee or tea; no sugar.
Stewed pears; no sugar.
Whole wheat bread, toasted.
Two slices of bacon, broiled.

(3) 1 cup of coffee or tea; no sugar.
Stewed or baked apple; no sugar.
One broiled lamb chop.
Gluten muffins.

(4) 1 cup of coffee or tea; no sugar.
1 shredded wheat biscuit, stewed prune canopy.
1 slice of broiled liver and bacon.
1 slice of bran bread.

(5) 1 cup of coffee or tea; no sugar.
2 boiled eggs.
Whole wheat bread, toasted.
Dish of strawberries with orange juice; no sugar.

(6) 1 large cup of coffee or tea; no sugar.
Grape fruit; no sugar.
Broiled kidneys—lamb, veal, or beef.
Gluten bread, toasted.

(7) 1 large cup of coffee or tea; no sugar.
1 shredded wheat biscuit, canopy of strawberries and orange juice; no sugar; no cream.
Toasted whole wheat bread.

(8) 1 cup of coffee or tea; no sugar.
½ grape fruit.
Toasted gluten bread or stale white bread toasted.
Broiled finnan-haddie.

(9) Dish of raspberries with orange juice; no sugar.
Plain omelette.
Bran bread.
1 cup of coffee or tea; no sugar.

(10) 1 cup of coffee or tea; no sugar.
Dish of strawberries with orange juice.
Small piece of broiled chicken.
Toasted whole wheat bread.

(11) 1 cup of coffee or tea; no sugar.
Stewed rhubarb or apricots.
Broiled weakfish or halibut.
Gluten muffins.

(12) 1 cup of coffee or tea; no sugar.
Sliced peaches with orange juice.
Bran bread.
1 lamb chop broiled or piece of broiled fish.

Luncheon

Luncheon should not be eaten when one has partaken of a late breakfast, or when an early dinner is intended; in any case the luncheon should be most moderately indulged in.

Never eat unless you are hungry. Food taken into the system when you do not need it is just so much excess baggage; some physicians call it poison.

If you eat sparingly of any of the menus in this book, they will nourish and not fatten.

A glass of white wine, which should be very dry, may be taken.

(1) ½ grape fruit; no sugar.
Cup of chicken bouillon, clear.
Lamb chop with stewed celery.
Dahl's brittle biscuits.
Lettuce salad, French dressing, very little oil.
Cup of black coffee; no sugar.

(2) Cup of tomato bouillon, clear.
Fruit omelette—any fresh fruit; no sugar.
Whole wheat bread or gluten biscuits.
Cup of black coffee.

(3) Cup of clam broth.
Piece of broiled weakfish.
Toasted gluten bread.
Fruit salad made of oranges, pineapple, and apples.
Cup of black coffee.

(4) Cup of beef bouillon, clear; or beef tea.
Chicken omelette.
Dahl's brittle biscuits.
Romaine salad, French dressing.
Cup of black coffee.

(5) ½ grape fruit.
2 broiled lamb kidneys.
Whole wheat bread, toasted.
Endive salad, French dressing.
Cup of black coffee.

(6) Oyster cocktail.
Piece of cold roast beef or lamb.

Lettuce and tomato salad, French dressing.
Dahl's brittle biscuits.
Cup of black coffee.

(7) ½ grape fruit.
Minced chicken on toast.
Fruit salad.
Cup of black coffee.

(8) Clam cocktail.
Hamburg steak with onions.
Sliced tomatoes.
Whole wheat or gluten bread.
Cup of black coffee.

(9) Cup of chicken bouillon.
Broiled lamb fries or brains.
Stewed celery.
Lettuce salad, French dressing.
Dahl's brittle biscuits.
Cup of black coffee.

(10) Cup of beef bouillon.
Piece of broiled whitefish.
Gluten or whole wheat biscuits.

Lettuce or chicory salad, French dressing.
Cup of black coffee.

(11) ½ grape fruit.
Cut of cold lamb or beef.
Stewed tomatoes.
Whole wheat bread or gluten biscuits.
Baked apple or apple sauce.
Cup of black coffee.

(12) Cup of chicken bouillon.
Broiled lamb kidneys or slice of liver and bacon, broiled.
Stewed celery.
Dahl's brittle biscuits.
Fruit salad.
Cup of black coffee.

Dinner

For dinner, a glass of white wine, very dry, and an occasional vermouth cocktail may be indulged in; after dinner a Kimmel cordial. No thick soups; plenty of

celery; young onions; cole-slaw. Water should be used sparingly. After each meal stand or walk for twenty minutes; this will aid digestion.

(1) Any thin soup—no thick soups.
Very little broiled whitefish.
Roast beef, lean.
Stewed brussels sprouts.
Sliced tomatoes, French dressing.
Fruit—oranges, plums, or apples.
Whole wheat or gluten biscuits.
Cup of black coffee.

(2) Any thin soup.
½ dozen Little Neck clams.
Boiled mutton, caper sauce.
Boiled onions (no cream sauce).
Whole or gluten wheat biscuits.
Endive salad, French dressing.
Fruit—oranges, plums, or apples.
Cup of black coffee.

(3) Any thin soup.
½ broiled lobster, French dressing.
Roast lamb.

Stewed string beans.
Romaine salad.
Cup custard.
Cup of black coffee.
Dahl's brittle biscuits.

(4) ½ grape fruit.
Broiled halibut with any fish relish.
Stewed chicken and celery.
Stewed spinach with hard boiled egg.
Toasted Graham or gluten bread or Dahl's brittle biscuits.
Chicory and onion salad, French dressing.
Fruit salad, not sweet.
Cup of black coffee.

(5) Any thin soup.
½ dozen raw oysters.
Broiled chicken.
Boiled rice, very little butter.
Asparagus salad, French dressing.
Whole wheat, gluten, or Dahl's brittle biscuits.
Fruit—stewed apples or pears with a little lemon.
Cup of black coffee.

(6) ½ dozen Little Neck clams.
Any thin soup or ½ grape fruit.
Broiled lean steak.
Boiled cauliflower, no butter sauce.
Gluten, whole wheat, or Dahl's brittle biscuits.
Tomato and lettuce salad, French dressing.
Sliced pineapple.
Cup of black coffee.

(7) Any thin soup or ½ dozen raw oysters.
Celery or young onions.
Broiled sweetbread, roast chicken, or turkey with cranberry sauce.
Stewed celery or spinach.
Whole wheat, gluten, or Dahl's brittle biscuits.
Artichoke salad, vinagrette sauce.
Orange water ice.
Cup of black coffee.

(8) Celery.
Any thin soup.
Oysters cooked in their own juice, seasoned with pepper and salt, no butter.

Roast partridge with apple sauce; or chicken or turkey with cranberry sauce.
Stewed string beans.
Whole wheat, gluten, or Dahl's brittle biscuits.
Romaine salad.
Cup custard; or strawberry water ice.
Cup of black coffee.

(9) Celery or cole-slaw.
Any thin soup.
1 soft-shell crab, broiled.
Boiled beef, horseradish sauce.
Stewed spinach with egg—plain hard boiled.
Gluten or whole wheat biscuits.
Sliced tomatoes.
Cup custard; or pineapple water ice.
Cup of black coffee.

(10) Celery.
½ grape fruit.
½ dozen Little Neck clams.
Corned beef and cabbage.
Gluten or Dahl's brittle biscuits.
Romaine salad, French dressing.

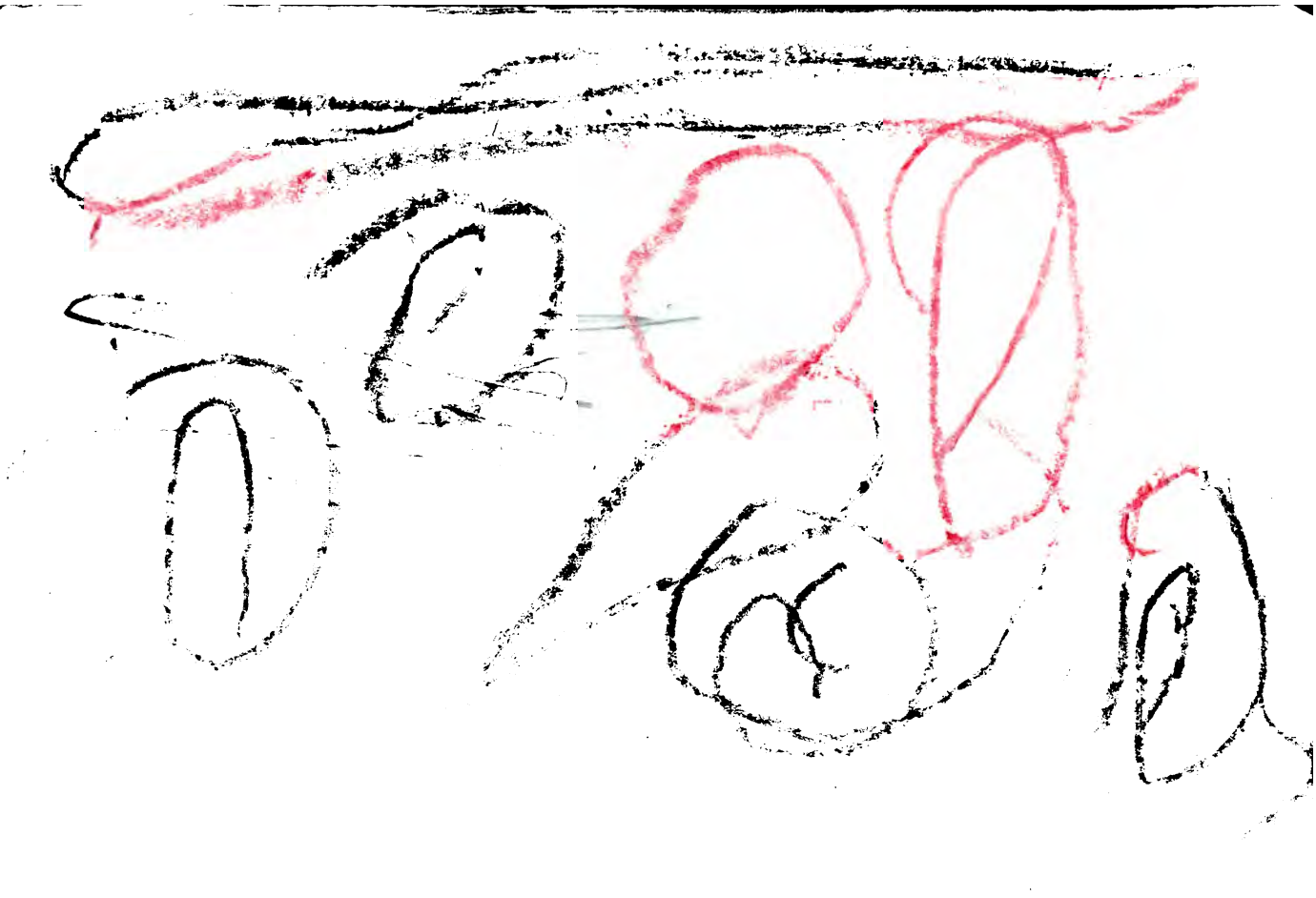
Pineapple water ice; or fresh fruit—oranges, plums, pears, or apples.
Cup of black coffee.

(11) Any thin soup.
Broiled lamb fries, stewed celery sauce.
Roast lamb.
Asparagus tips.
Gluten or Dahl's brittle biscuits.
Lettuce and tomato salad, French dressing.
Stewed fruit; or raspberry water ice.
Cup of black coffee.

(12) ½ grape fruit.
Stewed lamb kidney, wine sauce.
Roast chicken or turkey, cranberry or apple sauce.
Boiled cauliflower.
Dahl's brittle biscuits.
Lettuce salad, French dressing.
Cup custard or orange water ice.
Cup of black coffee.

(13) Any thin soup.
Broiled calf's brains; or fish—halibut, weakfish, or whitefish.

Cold roast beef or lamb; any meat relish.
Boiled onions or string beans.
Fruit salad, French dressing.
Cup custard.
Cup of black coffee.



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